



CHAPTER TEN

**Intimacy comes
in many forms
including
physical,
emotional,
intellectual, and
shared
activities.**



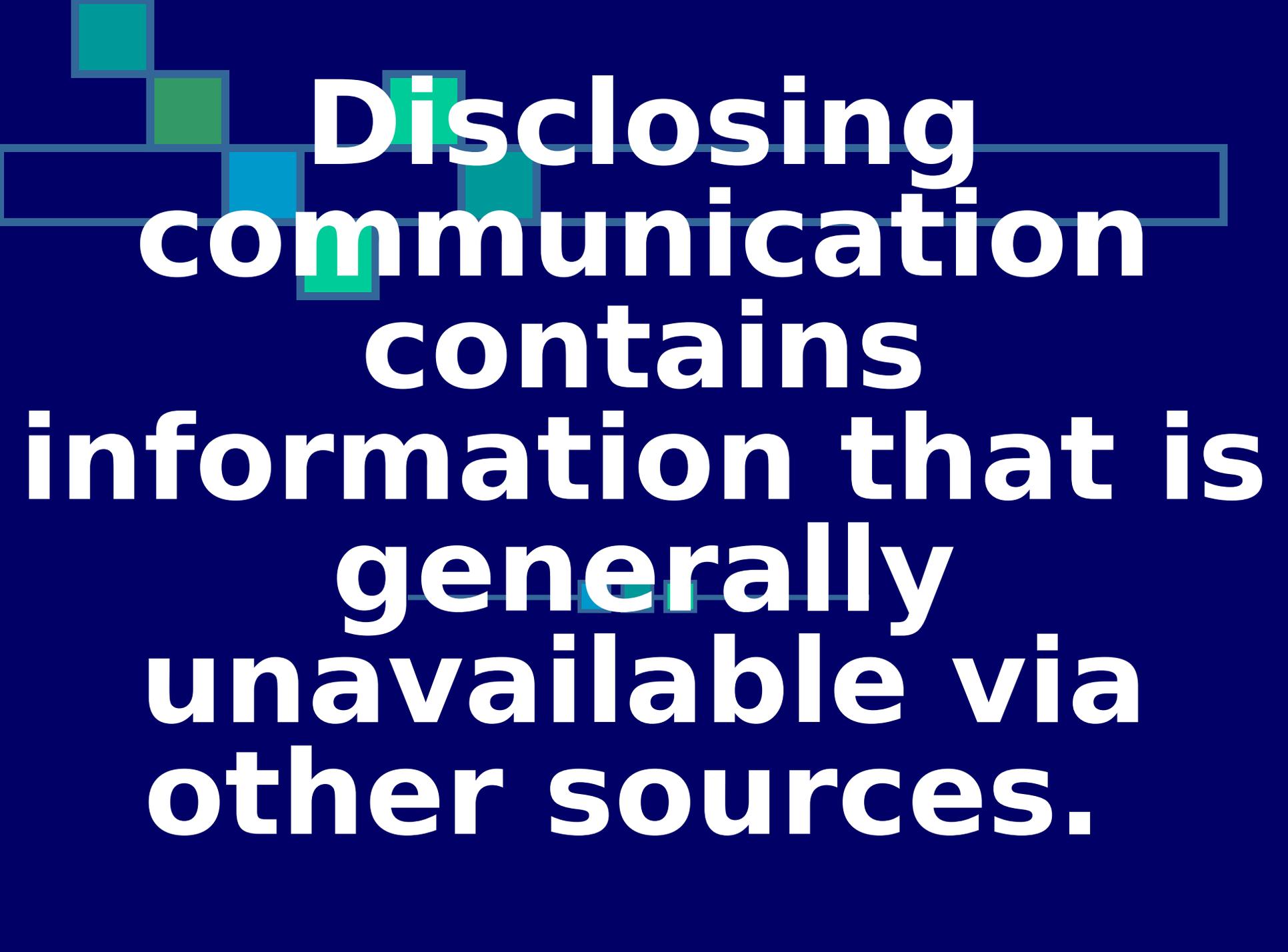
**strategies for
creating distance are
withdrawal and
avoidance. Other
common avoidance
tactics include being
reserved, shortening
interaction,
restricting topics,
restraint, and**

**intimacy varies from
one culture to
another. An
important
determinant of
intimacy although
not the only
determinant is self-
disclosure.**

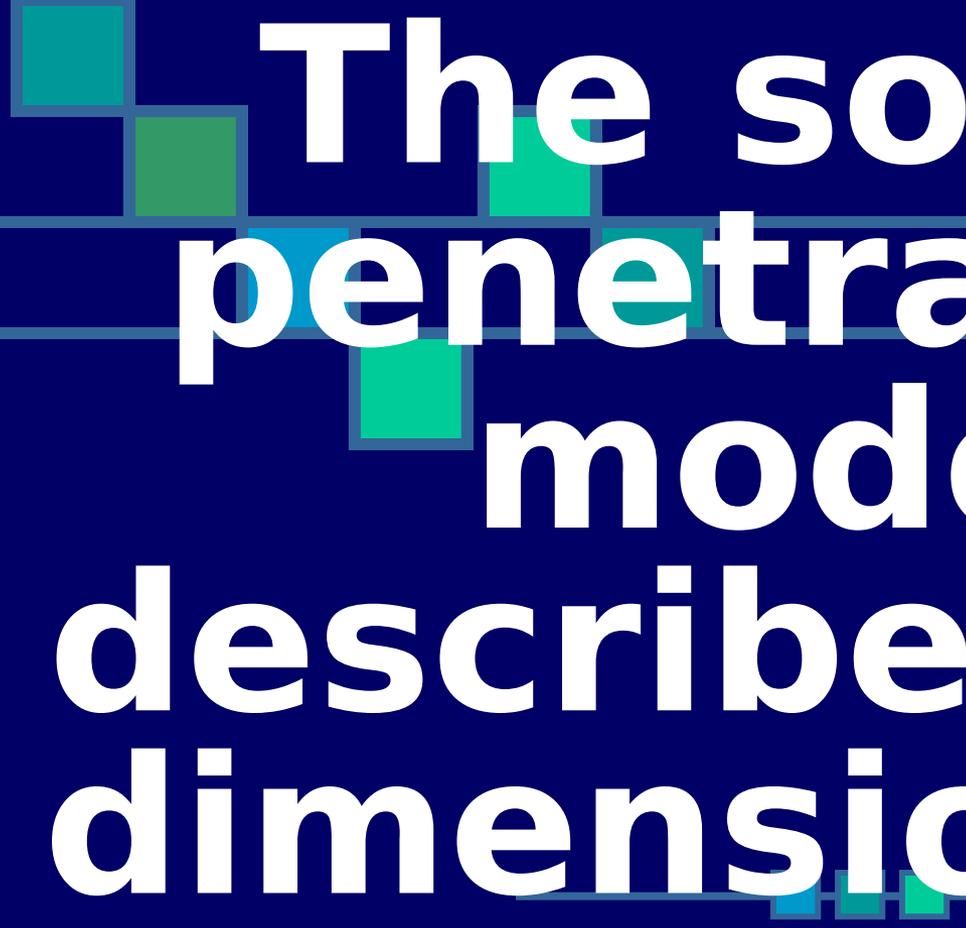
Self-disclosure

consists of

**honestly revealing
messages about
the self that are
intentionally
directed toward
others.**



**Disclosing
communication
contains
information that is
generally
unavailable via
other sources.**



**The social
penetration
model
describes two
dimensions of
self-disclosure:
breadth and
depth.**



**In a casual
relationship,
the breadth
may be great,
but not the
depth.**



**culture exerts a
strong influence
on both the
amount of
intimacy in a
relationship
and how that
intimacy is**

personal information for
a variety of reasons.

Benefits include
catharsis, self-
clarification, self-
validation, reciprocity,
impression formation,
relationship
maintenance and
enhancement, moral
obligation, social
influence, and self-
defense



**Four alternatives
to revealing
self-disclosure
are silence, lies,
equivocations,
and hints.**



**Silence, lies,
equivocations, and
hints may be ethical
alternatives to self-
disclosure, however,
whether they are or
not depends on the
speaker's motives
and the effects of the
deception.**

Reasons people cite
for lying include: to
save face, to avoid
tension or conflict,
to guide social
interaction, to
manage
relationships, to
gain power, and to
protect other
relationships

disclosure include:
rejection, negative
impression,
decrease in
relational
satisfaction, loss of
influence, loss of
control, hurt the
other person, and
increased

In order for an act of communication to be considered self-disclosing, it must meet the following criteria:

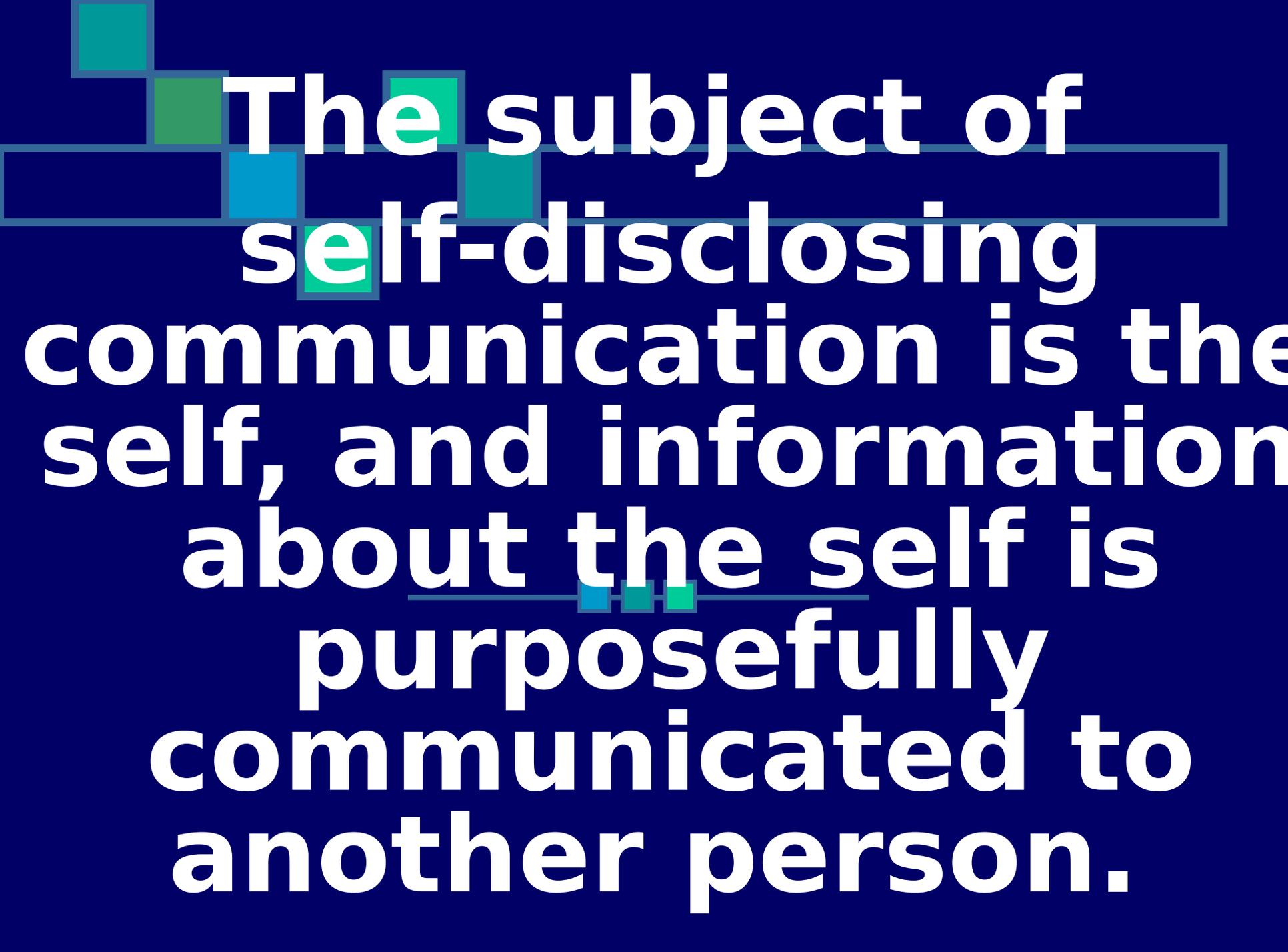


1. It must contain personal information about the sender

**2. The sender must
communicate this
information
verbally**



**3. Another person
must be
the target**

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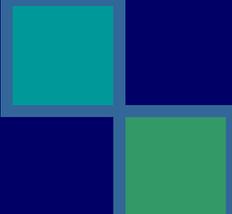
The subject of self-disclosing communication is the self, and information about the self is purposefully communicated to another person.

**We can summarize
the self-disclosure
concept by saying
that it:**

**1. Has the self as
subject**

2. Is intentional

**3. Is directed at
another person**

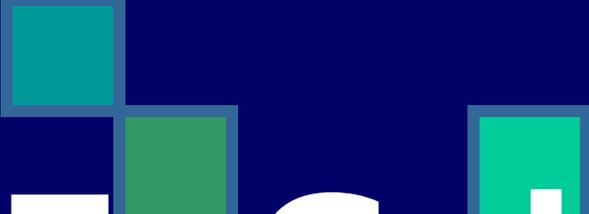


4. Is honest



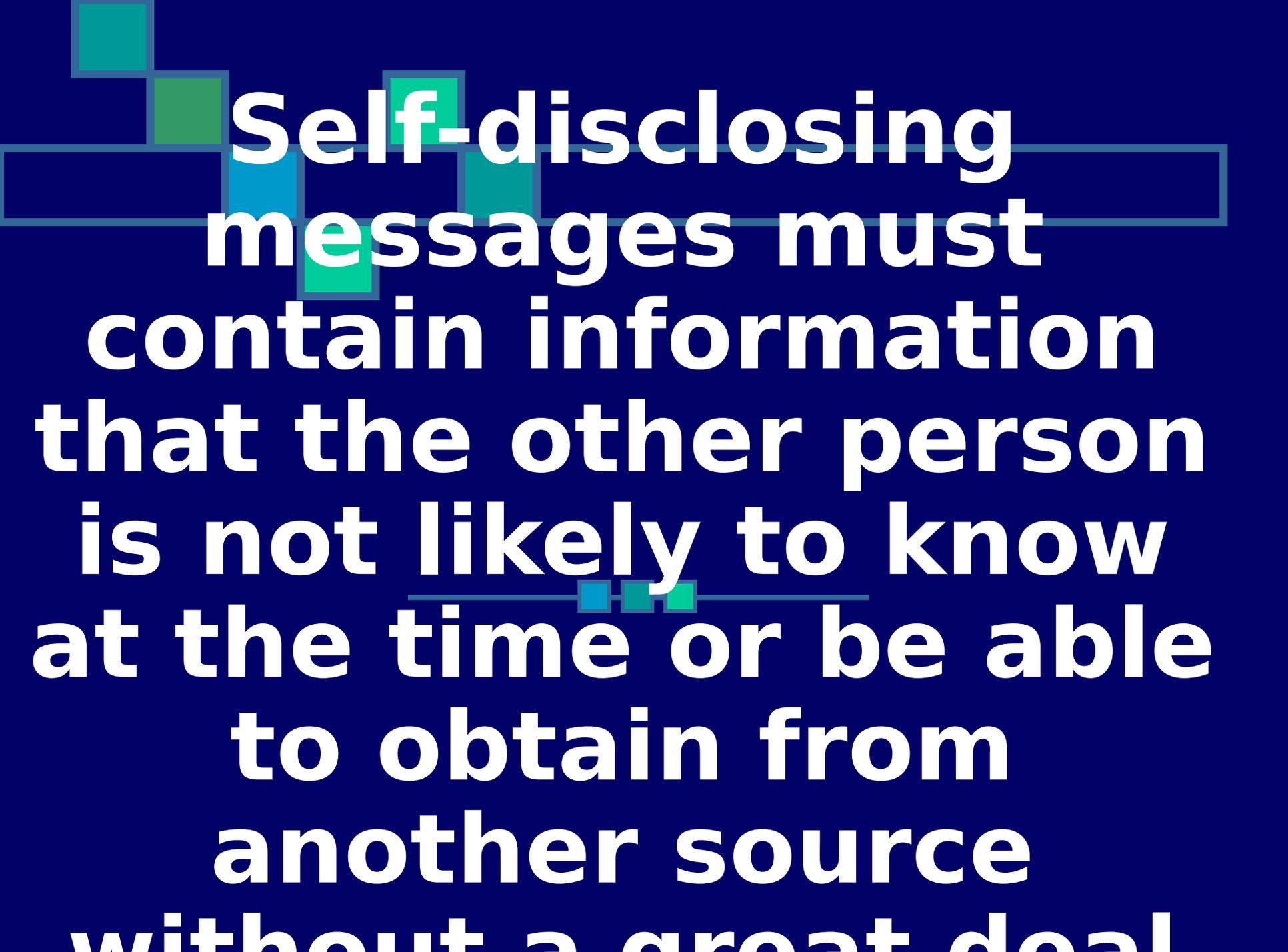
5. Is revealing

6. Contains
information
generally
unavailable from
other sources, AND



**7. Gains much of
its intimate
nature from the
context and
culture in which
is it expressed**





**Self-disclosing
messages must
contain information
that the other person
is not likely to know
at the time or be able
to obtain from
another source
without a great deal**